



Mental health supports for children, youth and families in Summerland impacted by wildfire

Experiencing a wildfire can be stressful and overwhelming for children and youth. Reactions to emergencies and evacuation events can continue long after the immediate danger has passed. This resource list brings together mental health and wellness supports available to children and youth impacted by the Bald Range Wildfire near Summerland. These services can help with coping, emotional well-being, connection to community supports, and access to professional care when needed. No one has to navigate this alone and supports are available.

In-Person Services:

- [**Child & Youth Mental Health Services**](#)
Free and voluntary community-based mental health supports and services for children and youth.
3rd Floor – 740 Carmi Ave, Penticton, BC
250-487-4422
- [**Foundry Penticton**](#)
Free and confidential mental health and wellness services for youth ages 12–24 in British Columbia and their families.
501 Main St, unit #101, Penticton, BC
778-646-2292
- [**First Nations Health Authority \(FNHA\) mental health services**](#)
FNHA and other organizations provide culturally safe and trauma-informed cultural, emotional, and mental health services to First Nations and Indigenous people in BC.

Virtual/Phone Services:

- [**Kids Help Phone**](#)
Mental health services available by phone, text, and online chat, available to help 24 hours a day, 7 days a week.
Call 1-800-668-6868 or Text CONNECT to 686868
- [**Foundry Virtual**](#)
Free and confidential mental health, physical health, and wellness services for young people aged 12–24 and their caregivers anywhere in BC. Hours: Mon-Fri 10am-9pm & Sat-Sun 10am-6pm.
1-833-308-6379
- [**Mental Health Support Line**](#)
24/7 BC crisis line that provides emotional support, mental health information, and referrals to appropriate local services.
310-6789 (no area code needed)



Resources:

- [**erase Report It Tool**](#) – Available for students throughout B.C. to report concerns directly to their school safety team for follow up.
- [**HealthLinkBC**](#) – Resources on mental health and wellness, as well as other health information, including the resource [Helping Children with Grief](#)
- [**HealthyMinds BC**](#) - Evidence-informed child and youth mental health resources for B.C. families, caregivers, educators and other professionals
- [**HelpStartsHere**](#) – Mental health resources and supports
- [**FamilySmart**](#) – Support for parents/caregivers whose children are experiencing mental health challenges
- [**Kelty Mental Health Resource Center**](#) – Mental health resources and supports
- [**Learning Through Loss**](#) – Grief literacy support and resources
- [**Mental Health and Wildfire Resource**](#) – Mental health tips and supports